

## **Eric Horgan Winter Training Program 2010**

Eric is returning to Aiken, South Carolina for the 2010 Winter Training Program. The program will work out of Newbridge Polo Club in Aiken. Horses will be stabled at Ridge Runner Stables, one of the polo barns within the Newbridge community. This is a destination training opportunity for riders of all levels and interests.

The **purpose** of the program is to present **a training opportunity that promotes individual horse/rider performance which is based on achieving the goals set by you, that are specific to you and your horse(s) needs.** The **structure** is designed to make the program **flexible and accommodating to the riders.**

With excellent natural footing, a mild climate, and many competition opportunities for those who want to get a jump on the season, Aiken has become a great horse venue for the winter. In addition to the horse scene, Aiken also offers a variety of activities for the non-horse partner. Aiken has no fewer than 12 golf courses, a diversified downtown shopping district and a wide variety of restaurant options from good local food to fine dining. Nearby Columbia offers an award winning zoo, several art and historical museums, theatre and symphony.

Please read the following for the specifics. If you have additional questions, please email Carol at [carolenna@gmail.com](mailto:carolenna@gmail.com) or call her at 207 841 3032 or 803 514 2802.

### **TRAINING FORMAT**

**The program is goal-oriented, based on each horse/rider's individual target.** Training sessions are **not individual lessons**, but a combination of individual and small group instruction. Riders are assisted to develop personal goals suited to the needs of the rider/horse combination. From these goals, a training plan for each rider is developed.

- **The program begins with an assessment of the horse/rider combination.** Each rider is assisted in identifying strong and weak points that need to be incorporated into personal goals. A 'best practice' warm-up model, as well as alternatives to that model, will be established as part of this assessment.
- **Once goals have been established, riders will work according to their individual plan.** Riders work in small compatible groups, partnered with riders of similar skill who are working on comparable objectives. Eric gives individual attention to each rider within these groups. Using personal goals, and/or upcoming competitions, riders are assisted in the process of assessing their progress and modifying goals as necessary.
- **Riders are assisted to evaluate progress.** Eric spends the last rides helping riders review individual goals and discussing progress and problem areas. Using this information Eric will assist each rider to create a longer term personal plan to maintain progress.

## **PROGRAM DATES and COSTS**

The **2010 training** program runs from **February 1 – March 12**. Riders may choose from one of a number of options listed below. If none of these options fit into your training schedule, let us know. We will make every attempt to accommodate individual needs as much as possible.

### **Instruction**

- ❑ **Full Program**. The **full program** begins February 1 and ends March 12. Instruction is 5 days a week. The cost is **\$2500**.
- ❑ **By the Week**. Arrive on the Saturday of your choice; we will set aside a stall for you from Saturday thru the following Sunday morning. Instruction will begin on Monday. Cost for **5 days** of instruction is **\$500**.
- ❑ **By the Day**. Each instructional session is **\$125**.
- ❑ **By the Block**. Some riders may wish to work with Eric in Aiken, but **work more independently**. Eric will offer riders a reduced-cost option to the daily rate with pre-paid, prior commitment: **\$500** for a block of **5** sessions, **\$950** for a block of **10** sessions, or **\$1400** for a block of **15**. In order to manage the schedule, riders will need to commit to some regularity for this option.

### **Stabling**

**Ridge Runner Stable is ours from January 15 – March 15**. It is a 16-stall polo barn with 6 large turnouts. **The cost for horses in the program is \$400 per stall per month, \$150 per week, or \$25 per night**. (For those bringing extra horses, we will accommodate as many as possible on a first come/first serve basis. There are other stabling options within Newbridge if we need to help you with that.) Stall costs are based on **self-care (you supply your own feed and bedding)**, although the option for full-care may be available on a limited basis at additional cost.

Personal housing is not included. There is ample housing in the area. If you need assistance in finding housing, let us know. We can provide you with lists of options.

### **HOW TO SIGN UP**

**Riders need to make a commitment soon**. We need to have commitments, **including deposits**, from potential riders no later than November 30, 2009. Please complete the attached application and send it with a check (**made out to Eric D. Horgan**) for **\$250 for each horse** to *Carol Lenna, 323 Hopeland Farm Dr., Aiken, SC 29803*. **This deposit is non-refundable after December 15, 2009**. Full payment is due **no later than January 1, 2010**. If unforeseen circumstances such as illness or injury make your participation impossible, a full refund, less the \$250 deposit, will be given **if your slot can be filled**. Again, these are the costs for the training and stabling only.